

BENT RIM BUGLE

Vol. 4 No. 1

Spring 1990

IF YOU WANT TO BIKE YOU HAVE TO WRITE... AND SO THEY DID

Letters: I received these letters from individuals all over the state in response to the proposed banning of mountain bikes by the DNR.. I read (sometimes with eyelids sagging) all the letters I received. Over 250 of them. I personally thank every one who took the time to care and help keep our trails open for all mountain bikers to use (at least some of the trails, in any case). In my opinion, I think that things would have been a lot worse if you had not contacted the DNR through me, or directly with DNR Director Hales, Deputy Director Bails, Trails Coordinator Roethele and/or your local state park directors. If you didn't write a letter and know someone who did you need to thank him or her for your next ride in a state park or recreation area.



...I have used trails at Bald Mountain, and Holly recreation area many times with my wife, three children, and other friends without mishap or complaint from other trail user groups... M. Motsinger - Oxford Michigan
continued to page 3.

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Editorial

The New Mogul In The Publishing World...

I, Dwain Abramowski am now the "new" editor/publisher of the Bent Rim Bugle.

What does that mean?

Well, what else: a big plush office on the top floor of a mega structure that overlooks one of the finest mountain biking areas in the state, three, three-line phones on my desk and a "state of the art" computer. Three "dilligent" secretaries. A staff of around three hundred and regional reporters stationed on every trail head in the ever growing free world. A limitless expense account. Paid vacations. Frequent trips to Moaba, Durango and California. Four-day weekends. Boxes, upon boxes of free mountain bikes and accessories; plying up on my doorstep in such quantity that I've been letting the neighborhood kids and their parents rummage through and take what ever they want. A six figure income and a sky's the limit line of loose credit at all the local bike shops. (If anyone out there runs into Bonnie Alsum and/or Craig Studsky, tell them thanks - they were the effort that got things off the ground. However, you better not tell them about what a deal they let slip through their hands. If they would have stayed around another day or two, they too could have reaped the rewards that come with one of the most successful magazine in the history of the printed word.)

Sound great? Are you interested, would you like to get in on the action? Just call. Hell, I'll mail you a free bike just for inquiring.

Oh, right I do have to take care of business. (Then I'll take out the new Fisher for a spin, or should I try the Kline?)

As in the past, the BRB is about you. The more you would like it to reflect what you think is important, the more you have to clue me in on you. Let me (the BRB) know the what, when, where, and who that make mountain bikers in Michigan a great group of people to ride with.

The BRB welcomes any and all view points, letters, picutres, and articles related to mountain

biking in Michigan and surrounding areas. The BRB aslo incorporates infromation of and about the Michigan Mountain Biking Association (MMBA) and the state Chapters of the MMBA.

This is the first issue of three that will come out this year. The BRB "staff" will also put together MMBA News Updates as needed throughout the year to help keep you informed and on top of trail access issues, events, places to ride, products, races and anything else that affects mountain biking. Mountain bikers want to be informed, and I'm counting on you. Take care and I hope to hear from you soon.

Now, lets see I think I'll ride the Fisher... "Excuse me Mr. P.D. [publishing dude] I have a message for you..."

It's who? He wants me to fly out Moaba to test a new bike? Tell Gary I'm on my way. See ya, gotta go.

What We Are. . .

We are the newsletter of the Michigan Mountain Biking Association (MMBA).

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Staff

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Special Thanks to Bonnie Alsum and Curt Cater.

And So... continued from page 1.

...I have made a considerable investment in time and equipment and do not look forward to waiting [years] until separate trails can be built...

M. Comeau - Chelsea Michigan

...When designing a program...please be sure that all users will not have to drive unnecessarily far just to use the parks...

J. Chase - Sterling Hts. MI

...the sales of mountain bikes may reach as high as 3 million in 1990. It is a family activity...

Dennis Vandecar - Okemos MI

...I am disappointed I did not have an opportunity to have any input before the rules [are] put in effect...

J. Meyland - Clarkston MI

...[I am] a 37 year old professional businessman who enjoys the sport of mountain biking...cyclists I have come to know, help keep the park clean and often times clean up the trash and litter left by other users of the park...empty cigarette wrappers, styro-foam cups and plastic shotgun casings... L. Dick - Waterford MI

...I have yet to experience, witness or hear of a single confrontation or accident with another trail user. In fact, I rarely see anyone in the areas that I ride, where as the few encounters that I have been in or [have] seen have been courteous and respectful...

P. Staples - Royal Oak MI

...I am a Sierra Club member and an active mountain bike rider who is troubled by the threatened closure of trails on Michigan public lands...I view mountain biking as a legitimate recreational use of public lands, a sentiment which was echoed by Ron Nagle, DNR Visitor Services, in a conversation with me on 4/4/89...

S. Cox - Schoolcraft MI

...Have you ever hear of a mountain bike spilling oil? K. Danielson - Livonia MI

...I think education is of prime importance here, for bikers as well as other trail users...

C. Fosse - Union Lake MI

...Give em' Hell!!

E. Dimagvila - Garden City MI

...Here in Upper Michigan's "Copper Country" we have many old mining and logging trails that seem to be perfect for riding mountain bikes...

P. Schnell - Hancock MI

...I am a Californian and have done considerable mountain biking there, but I consider Pinckney and Pontiac Lake Recreation Area to have some of the

best trail riding I have ever experienced. I think that you and your staff should take great pride in that fact ... D. Bean - Keego Harbor MI

...I do not own a mountain bike, but I use trails for jogging, hiking and cross country skiing. The ability to use these trails means a lot to myself. Being restrictive from use would be both frustrating and infuriating to me. I know the individuals bicycling on these trails must feel the same... R. Craig - Battle Creek MI

...it has been my experience that the maintenance of the trails is left up to the very same people that the park system is attempting to omit...

J. Richmond - Drayton Plains MI

...Being an Eagle scout I can appreciate a concern...ut I'm not convinced the few inconsiderate bikers out number the hikers who litter, destroy wild plants and start forest fires...

J. Cooper - Detroit MI

On the other side of the coin...

Dear Sirs:

I am writing to support the closing of trails to mountain bikes. Mountain bikes tear up the trails and destroy the environment surrounding them.

Please do not open up the trails, it would be a serious blow to nature. Thank you for your time.

Sincerely

A. Sitko - Roseville MI

(this was the only letter I received in support of the ban)



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HEALTH VIEW

Editor's note: Dr. John W. Morlock D.O. is the Internist Director of Respiratory Services, and Director of the Human Performance Laboratory, Lansing General Hospital. He is also owner of the Offroad Peddler Cyclotherapists in Lansing Michigan.

Mt. Biking offers an opportunity to get fit, stay fit and maximize fitness while providing an enjoyable "getaway". The fluidity of cycling allows for smooth conditioning activity for the heart and musculoskeletal system, with a minimum of joint and bodily trauma. Bike riding not only improves cardiovascular conditioning, but also benefits the cardiovascular system. This is accomplished through blood pressure reduction, improving capillary circulation, lowering cholesterol and reducing stress. Mountain biking 3 - 5 times a week for 20 to 30 minutes, to a heart rate of 85% of predicted maximum is sufficient for fitness conditioning, decreasing cardiovascular risks, and a great way to have fun (to move the body in this way is to ease the mind).

Mt. Biking provides both interval and over-distance conditioning, which are essential to improved fitness and endurance performance. The rapid burst of energy required for hill climbing, difficult turf (sand, mud, ruts, ravines) and sprints on level terrain involve periods of intense exercise, interspersed with "rest periods" (coasting, low resistance recovery pedaling). This "interval training" increases speed and power and initiates a cardiovascular load equal to or above a racing pace. Such high intensity bursts stress the body's energy sugar (glucose) production process and enhances the capacity to produce muscle glycogen (stored glucose). An end product of the rapid breakdown of glucose, lactate, can accumulate rapidly in muscle during high intensity bursts. Lactate accumulation can cause fatigue, cramping and thus poor performance. Repeated high burst of exercise during training sessions will allow for increased lactate clearance from the exercising muscles, heart muscle, liver and kidneys. This is as a result of enhanced heart and blood vessel efficiency in the transport of oxygen and nutrients and their by-products, especially lactate.

Over-distance training, the type of training derived from cross country skiing, distance running and cross country mountain bike riding, involves

exercising for extended periods. Over-distance training is actually increasing the oxygen consuming ability of an athlete by increasing the amount of mitochondria (a energy protein found in the nucleus of a cell where oxygen is utilized) in exercising muscle fibers. The more mitochondria you have, the more oxygen you can consume. The more oxygen consumption available, the more sustained energy one has from metabolic utilization of glucose for exercise. Over-distance training spares muscle glycogen by increasing the amount of mitochondria in the body, enhances the body's ability to utilize glucose and fats allowing for increased energy for prolonged exercise activity, i.e. greater endurance. Thus over-distance training improves the ability to maintain increasing pace for increased periods, because such prolonged exercise increases respiratory capacity. This increase in respiratory capacity, referred to as maximum oxygen consumption (VO₂ Max), is the maximum amount of oxygen that can be taken in and used by cells. Oxygen transport capacity is determined by the heart's ability to pump blood, the blood's ability to carry oxygen, the capacity of blood to give up oxygen, and the tissue's ability to take up oxygen. Over-distance training, in combination with interval training, stresses the body mechanisms to increase oxygen transport capacity.

Monitoring your pulse rate will graphically show the improvement that you can attain through mountain biking or [some] other modes of physical exercise. The pulse will decrease as conditioning progresses at rest, during comparable levels of exercise, and during the recovery period. Exercising pulse rate (dynamic pulse) allows one to gauge their effort (monitored by wearing a chest band type pulse monitor) and help determine which days you should "push it" and days you should "back off". An increase heart rate response for the same workout may indicate fatigue. One cannot train and condition fatigued muscle. Therefore, if your heart rate is higher than usual during a defined workout, "back off". Take a light workout and allow your body to be replenished with rest, nutrition and fluids. Your cardiovascular fitness and fatigue level (over-training) can be correlated with your pulse rate response to exercise, recovery pulse after given levels of exercise, and resting pulse. Pulse monitoring allows one to improve the quality of his or her training program. One soon discovers what pulse rate can be sustained for prolonged efforts.

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**** Check your local Yellow Pages**

Race Calendar

MAY

Addison Oaks Mountain Bike Spring Classic & Trials

When: May 6 (Rain or Shine)

Where: Addison Oaks County Park, Oxford Michigan Contact:

Addison Oaks County Parks (313) 693-2432

Kandahar Race Series

When: May 19-20

June 23-24

September 8-9

October 13-14

Where: Kandahar Ski Area, Fenton Michigan Contact: Kurt Shroeder

(313) 356-7606 (expaned format - other races may be scheduled)

Thunder In The Down Under

When: May 20

Where: Irma WI

Contact: Herb Schotz (715) 536-9392

Ironwood Springs Biatholon

When: May 27

Where: Sturgeon Bay WI

Contact: Tim Montee (414) 7436401

Indiana Bicycle Trials Championships

Trials Only

When: May 26-27-28

Where: Lafayette Indiana

Contact: Brent (317) 423-4695

JUNE

Toronto Kelso International Mountain Bike Festival

When: June 2-3

Where: Toronto

Contact: Rick Davis Promotions (416) 234-8332

Bittersweet Ski Resort

When: June 3 (other race dates to be announced) Where: Bittersweet

Ski Resort, Otsego Michigan Contact: Kevin Stevens (616) 342-1193

- Alferd E. Bike (616) 349-9423

Sleeping Bear Classic

When: June 9 & 10

Where: Sugar Loaf Ski Resort, Cedar Michigan Contact: Sue Wilcox

(616) 271-6314

Mechanicsburg Clunker Classic

When: June 10

Where: Wayne Nat. Forest, Antioch Ohio

Contact: Bill Gibson (614) 484-4356



JULY

Addison Oaks Fat Tire Biathlon

When: Tentative July 15

Where: Addison Oaks County Park

Contact: Lou Kidder (313) 662-1000 or P.O. Box 1587 Ann Arbor, MI 48106

AUGUST

Coldwater Observed Trials Challenge

When: August 4

Where: Freeport, MI

Contact: Bob Lawson (616) 765-5448

Apostle Isle Hop

When: August 19

Where: Apostle Island WI

Contact: Dee Neyendorf (715) 779-5160

Indianhead Mountain Bike Bash

When: August 25-26

Where: Indianhead Resort, Wakefield Michigan

Contact: (906) 229-5181

Gods' Country Fat Tire Challenge

When: August 26

Where: La Crosse, WI

Contact: Bikes LTD. (608) 785-2326

SEPTEMBER

2nd Annual Labor Day Classic

When: September 1-2-3

Where: Seeley, Wisconsin

Contact: Rik Pauli (715) 798-3784

or P.O. Box 1200 Hayward, WI 54843

Bud Light Gonzo Mt. Bike Fest

When: Sept. 1-2

Where: Mansfield Ohio

Contact: Raleigh Bicycles (614) 891-6280 Mt.

Hardscrabble

When: September 9

Where: Rice Lake WI

Contact: Sports Unlimited (715) 234-7273

OCTOBER

Standing Rocks Cantilever Classic

When: October 7

Where: Stevens Point WI

Contact: Hostel Shop (715) 341-4340

DATES TO BE ANNOUNCED

Breakaway Bicycles Race Series:

When: Dates to be announced

Where: To be Announced

Contact: Breakaway Bicycles Paul or Mike (616) 759-0001

Cannonsburg Ski Area Race Series

When: Dates To Be Announced

Where: Cannonsburg Ski Area, Cannonsburg MI

Contact: Rick VanTongren (616) 874-6711

Sportwide Productions

When: Dates To Be Announced

Where: Last year's races were at Boyne Mountain and Yankee Springs

Contact: Bob Peterson (616) 465-6314 or John Peirce (616) 463-3716

***All dates and times tentative.
Contact promoter for details.***

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IT'S YOUR MEETING

Michigan Mountain Biking Association (MMBA)
Board Of Trustees Meeting - Summer 1990 Contact:
PMBA Pres Jeff Turck (313) 426-4410 or Dwain
Abramowski (616) 784-9327.

Potowatomi Mountain Bicyclist Association
(PMBA): May 16 in Ann Arbor - Forsythe Middle
School 7:30pm Contact: PMBA Pres. Jeff Turck
for more information (313) 426-4410.

Western Michigan Mountain Biking Association
(WMBA): May 19 (tentative) in Grand Rapids -
Cannonsburg State Game Area. Contact:
Mike Clark (616) 396-6084 for more information.

Southeast Mountain Bicyclist Association (SMBA):
May 1 Contact: SMBA Pres. Chris Delridge (313)
372-1382.

Pontiac Lake Mountain Biking Association
(PLMBA): May 5 Contact: Tom Nell (313) 682-5456
Mid-Michigan Mountain Biking Association
(MMBA): Contact: Eric Massa (517) 336-9574



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Chapter News and Views

Doing Something About YOUR Trails

By Jeff Turck

Editors note: Jeff Turck is the the President of the Potowatomi Mountain Bicyclist Association (PMBA), a local chapter of the Michigan Mountain Biking Association (MMBA). Jeff is also a member of the board of trustees of the MMBA. The direction and insights that Jeff shares with us here is not "idle chatter"; he and the members of his local chapter "just do it". If we were ever to lose the Poto for some reason it would not be due to a lack of effort on Jeff's part or the members of the PMBA.

The MMBA is growing stronger everyday. that strength emanates from the organization of the MMBA's Local chapters. As the MMBA works at the state level on trail access issues, we as members of our local chapter work to preserve those rights. Our rights are preserved only by the acceptance of our many responsibilities and our commitment to them.

The focus of the local chapters in 1990 is the development of the positive working relationships with the local park managers, officials and trail user groups.

Upon the development of these relationships, implementation of the the proposed solutions may begin. Our aim is to engage in activities which will benefit all trail users and the community as well. The first move is to set up a plan with the park managers to assist in marking the trails and increasing signage where appropriate. Once conditions permit, the trail maintenance program can be put into full motion. A local chapter may even have the opportunity to work with other trail groups for large trail projects. Seek not only to maintain the trails, but also to improve them whenever possible. Secondly, our increased level of commitment to the rider responsibility codes, and self enforcement of them, are crucial factors that will determine our level of acceptance by other trail user groups. We must know and practice these rules on an individual and group basis. The third commitment is to our community. Courses and workshops in safety, riding technique instruction, and bike maintenance should be provided, using qualified local experts and bike shops. These are important events because of the education and fun they provide.

Participation in these and other related activities



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will greatly enhance our credibility and further legitimize our recognition as a sport. It is our efforts (local chapters) that will propel the MMBA into the future, being recognized as a beneficial organization that can contribute to further development of the sport, environmental preservation and community involvement.

Trail Alternatives: By Brain Delaney
(Editors note: Brian a member of the PMBA, gives his (PMBA's) reaction to a "first draft" document that DNR circulated through the Bicycle Trail Access Committee in late February early March, which was sent to all (existing) chapters of the MMBA.)

Riders who live in southern Michigan are fortunate to have such a diverse system of trails and other areas in which to ride. This year these areas will hopefully continue to grow rather than be revoked by the proposed DNR ban. I would like to acquaint you with some of the areas proposed as "bike study zones", by the DNR. To do so, I'll give some background information on the document the DNR drafted to judge specific areas.

In early February, the DNR issued a document called "State Park and Recreation Area Bicycle Use and Recommendations." State parks and recreation areas were evaluated by a three star system:

* = "Entire park closed, except existing roads, park-



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ing and maintained public use areas." ** = "Further studies needed. (Bike Study Zone) required in order to identify potential bike trail locations."

*** = "Entire Park Open."

The parks of primary concern are the two star (**) parks in your area. Being a member of the PMBA I have listed parks in our locale below; if you belong to another chapter, please investigate your parks and their ratings. Brighton Rec. Bike Study Zone = "northwest corner of park."

Pinckney Rec. Bike Study Zone = "Monks Road and Gorman Lake."

Waterloo Rec. Bike Study Zone = In the Green Lake area, slightly west of M-52."

Island Lake Rec. Bike Study Zone = "Proposed master plan multi-use trail, parallel to park entrance road." I urge all riders to get out to these Bike Study Zones as soon as possible and/or find out the status of parks in your area. We need your opinions on these areas and suggestions if a proposed trail might be built in such an area. The PMBA has enacted a Group Rides/Trips Committee, and one of our goals is to provide exploratory rides in the Bike Study Zones for further investigation. Look for dates of such rides at your next meeting. Until then, keep your chain rings spinning!

M M B A F R I E N D S

BENEFACTORS

John Dohan - Grose Pointe
Robert Brettschneider - Brighton
Ron Winalee Zeeb - Lansing

PATRONS

Paul White - Pinckney
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SHOPS/DEALER/PROMOTOR

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